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8th Anniversary Issue

March 2009

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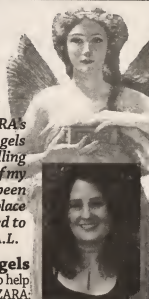
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Let Light stream forth into the
minds of men.

May Light descend on Earth.
From the point of Love within
the Heart Divine

Let Love stream forth into the
hearts of men.

May God/dess return to Earth.
From the center where the Will of
God/dess is known

Let purpose guide the little wills of men.
The purpose which the Masters
know and serve.

From the center which we call
the race of men

Let the Plan of Love and Light work out
and may it seal the door where evil dwells.

Let Light and Love and Power
restore the Plan on Earth.

MONTHLY VOICE OF CHOICES MAGAZINE

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Whether you define 'spirit' as enthusiasm or spirituality, Voice of Choices supports you in exploring the many options for creating and enjoying your life! We feature articles on alternative healing, personal development, spirituality and a wide range of topics focused on spirited living.

Giving voice to the myriad of choices available in each moment, information is not intended for diagnosis, treatment, or prescription regarding disease, illness or injury. We recommend you see a licensed health practitioner if you have concerns about your health.

Voice of Choices is not responsible for any situations arising from participation in or application of anything written or advertised in this publication.

We welcome your contribution of articles and artwork, to be published on approval as space permits. Articles do not necessarily represent the views of the publisher.

Subscriptions to are \$25.00 per year / 12 issues (U.S. - inquire for International rates) We accept MC/Visa, money orders and personal checks.

Thank you for all your good work. Blessings in all your choices. Nam Myoho Renge Kyo

Voice of Choices

CELEBRATING Life... With Spirit!

MARCH 2009

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COVER ART by Ulysses

'Dandelion Wishes'

Featured on the September 2005 cover - You will need to do a web search to find his beautiful art.

Subscribe

Voice of Choices Delivered to your door- page 11

- The Lord's Prayer -

O Cosmic Birther of all radiance and light! Soften the ground of our being and carve out a space within us where your presence can abide. Fill us with your creativity so that we may be empowered to bear the fruit of your mission. Let each of our actions bear fruit in accordance with our desire. Endow us with the wisdom to produce and to share what each being needs to grow and flourish.

Untie the tangled threads of destiny that bind us as we release others from the entanglement of past mistakes. Let us not be seduced by that which would divert us from our true purpose but illuminate the opportunities of the present moment for you are the ground and the fruitful vision, the birth, power and fulfillment as all is gathered and made whole once again.

Thank You for Eight Wonderful Years!

Gratitude & Grace

Welcome and Blessings! March is here with it's new energies of Spring, longer days and warmer weather.

Of one thing we can always be sure - the Wheel of Life continues to turn. As the opportunity for change takes on new importance, gratitude for each moment propels us into the glorious gifts awaiting our discovery.

This is the 8th anniversary of Voice of Choices. What an incredible time of sharing the inspiration, information and insight from so many wonderful authors. Thank you to everyone who has contributed! VoC began as a flyer, turned into a newsletter and as more and more readers chose Voice of Choices I realized it is truly a Spirit Guided publication. Letters, phone calls and emails from those who have used the wisdom and tools printed within these pages have touched my heart with a sincere feeling of purpose.

As we open our lives to another Spring, new energy will open the windows to opportunity where doors no longer appropriate have closed.

I am grateful for the gift of using my talents and skills to create and 'grow' Voice of Choices. Never in my wildest imagination could I have concocted the details and blessings of the path I have been on. Along the way I've learned many creative skills. Voice of Choices has provided the opportunity to hone my creativity for promoting our advertisers. I have designed approximately 80% of all the ads you've seen over the years in addition to layout, editing and writing. I build websites for those of you who want a presence online where people can find out more about what you offer. My healing work- Reiki, Reconnections and EarthStar Alchemy, combine

with the intuitive use of crystals, stones, feathers, shells and other elemental energetic tools to balance, clear, energize and assist in healing. Intuitive coaching and guidance sessions are available too. Oh - and if you've missed past issues of VoC - You can order all issues for any year between 2001 and 2008 - mailed to you - for just \$25.

It is time for my own prosperity to be my priority. Many can vouch for my modest lifestyle and 'frugal' spending habits. New flow of income is available and I choose to connect with it. Whether that includes continuing to publish Voice of Choices will be determined by the income from VoC. The bills must be paid. See page 12 for Anniversary Special ad prices. If your passion is sales - your help could be instrumental in the continuation of VoC - please contact me ASAP.

If you need flyers, postcards, a website or advertising... should you choose to explore the path of a Healing Practitioner - I mentor individuals in Reiki and the use of crystals. If you are looking for an office assistant, Woman 'Friday', companion for an elderly relative or friend.... there are so many things



Voice of Choices

is funded by advertising. The advertising base has shifted and the money necessary to continue covering the costs of production, printing and distribution must come from somewhere.

I can only continue to provide this resource with funds to cover the costs.

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**Thank you and Blessings in All Your Choices
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VoiceOfChoicesNews@yahoo.com**

Available for free at hundreds of locations throughout the Pacific Northwest and worldwide online, Voice of Choices touches the lives of thousands of readers every month.

I can do!

No one knows what the future holds - for me the past has many memories and joy surrounding 8 years publishing a magazine which has consistently amazed and inspired me. Thank each and every one of you who has been a part of this amazing journey.

God Bless you - may Spirit always provide you with Laughter, Light and Love. If indeed it is in the highest and greatest good I look forward to stewarding another year of Voice of Choices. To sign up for online updates and possible future web based newsletter email info@VoiceOfChoices.org

Blessings in all your choices, and Nam
Myoho Renge Kyo

Kathy 'Whyte Wynde' Lowden



walking the Path

Finding balance with the Medicine Wheel

Robin T.
Youngblood



Aspects of the East

Element - Air

Embodiment - Spiritual

Emotions - Awareness/Excitement

Season - Spring

Time - Dawn, morning

Moon Cycle - Waxing

Color - Yellow

Creatures - Winged Ones

Expression - Voice, Flute, Instruments used in breath

Way - Seeker of Vision

The East is the place of new beginnings and inspiration with the lessons of awareness and illumination.

We enter the Medicine Wheel in the East, where spirit enters, at the doorway to the Wheel. The East signifies the place before birth and of birth, where we begin anew, over and over again. While standing at the East gate of the Medicine Wheel in our spirit form, we make the choices that determine our path in this life. We choose the destiny we wish to fulfill.

When you find yourself in the East, you can be sure that something has ended and that you stand on the doorstep of a new beginning (whether you want to be there or not). It is time to identify, illuminate, and clarify, to seek vision and inspiration, to locate your new path and choose your new form. Each time you need to understand a situation in your life, you will return to the East, the place of initial choice, to accept what you chose when you entered this lifetime.

Welcome to this journey, to this place of beginning on the Wheel. Welcome to the East, to the teachings of eagle and the essence of

wind. Welcome to vision, illumination and greater awareness, as the Wheel turns in this spiral of learning. Ahoh!

Setting Intention:

Whether your current intention is world peace, harmonious relations, personal healing or success, define what it means to you. Think about what you want to accomplish and what you most need to know to take the next steps. Ground your intention in the here and now by thinking about what you can do today, this week, this month, to support your intention. You can view intention as "what do I have to give, what would I like to receive? Or, what do I need to release, what would I like to bring into my life? Leave room for Spirit to improvise and keep your intention simple. If you set an intention with intricate detail, you may limit your experience. We find it useful to remind ourselves "This, or something better" and are often pleasantly surprised at the outcome. Bear in mind that thoughts are things. Karmic law provides that what you give out will return to you tenfold. Remember to affirm "harm to none."

Editors Note:

We'll be exploring the Medicine Wheel teachings as detailed in Robin Youngblood and Sandy D'Entremont's book "Path of the White Wolf" throughout the coming year. Watch for insights into the wisdom of the directions, guided meditations and tools you can use to discover your path. You can order your copy which includes a CD of 7 sacred meditations at www.dreamingshaman.com

Message from Mother Mary Plant Your Garden

Raven Many Voices

My dear children, today is a perfect day to plant a garden. What would you like to grow in your life? A money tree? Vacation and fun time flower patch? How about some healthy body and soul veggies? Each row of our garden is the focus we give each project we'd like to grow and mature into reality. Everything you focus on in life is yet another row to weed, rake and take care of until it is done. Some plants take many years before you see the results you'd like, others spring up over night ready to enjoy. When gardening in the heart we must remember the more we have the more work we'll need in manifesting our dreams. Sometimes leaving some room to grow around each plants is what we forget to give ourselves. And when life is growing rapidly and abundantly we can forget to breathe.

Packing in the rows with more plants does not mean you'll have more at the harvest time. Each desire we wish to grow needs room to expand and become it's own special piece of your life. Anytime we force something in our lives it usually reacts in a totally different way than we expected. Expect the unexpected!

Giving yourself room is allowing life to flow and change anyway it can. If you expected three sunny days and only got 1, enjoy each one for what inspires you that day. Nature loves planning each day so that her garden grows and changes perfectly in that day. What you focused on that day was perfect, as what you focus on

now, and tomorrow be perfect again. Giving yourself flexibility can allow for new creative outcomes.

When we just allow ourselves to be directed by the heart to one row of desires at a time we can part more love and energy to grow those heart choices faster then spreading ourselves too thin.

With such a busy schedule and busy world it is a wonder we can finish anything in life. Rest is often overlooked in the growing process because we do not see it as productive.

Plants rest every night just as humans and animals. We all need rest away from our work to recharge and refocus our energy.

What project can wait until tomorrow?

Have you completed a project and must simply allow it to finish when it's ready?

Do you need to clear some of your rows for more space? Taking a good look at yourself and your heart desires can be re freshing.

Allow me as your master gardener to remove old beliefs (weeds) and keep the balance of space and rows with all that you wish to create in your life. Life will surprise you if you allow it to grow in your daily experience. Grow well my loves!

Namaste' Mother Mary

Raven Many Voices Guide to the Spirits channels loving messages from Mother Mary. Visit www.RavenMedium.com for more information on her upcoming 'Wisdom of the Angels' workshop and Angelic Essences

Healthy Choices: Disowning 'YOUR' Disease

Kasara D'Elene

Do you have a disease? The dictionary describes "disease" as a disordered or incorrectly functioning organ, part, structure, or system of the body resulting from the effect of genetic or developmental errors, infection, poisons, nutritional deficiency or imbalance, toxicity, or unfavorable environmental factors; illness; sickness; ailment.

Every day I hear people talk about all their ailments. "I have diabetes." "I have cancer." "I have osteoporosis." Everyone seems to have something. Unfortunately, these labels become part of who we are as a person. The longer the person has the illness, the longer they become entwined with that energy, which makes it harder to let go.

It is scary to see that people seem to value themselves more when they have some sort of name of an illness that they can equate or attach themselves to. Like they are not enough just being themselves. Like they have to have some "disease" in order to be seen, validated, or valued. We must feel so wounded and bad inside that we have to create an illness to keep us in a constant state of emotional pain to confirm this feeling. This is sad and not true at all. We are really all beautiful sacred human beings.

How did we get this way? What happened in our society that made people be so attached to their disease? And why do we get disease anyway? God gave it to us right? So what purpose does it hold for us?

I think that Dr. Kam Yuen put it best when he said "Our physical ailments - what we think of as health related are never health problems, they are life issues. What we think [of when we are] told what our ailment is; it is not what it is! Wherever we think and feel where the problem is coming from practically in our body and how we think is never where it is coming from and what it truthfully is. We don't get this wrong some of the time, we get it wrong every time. This is the leading reason why our ailments do not get resolved." This is so true.

Dis-ease is just that. When our body is feeling unbalanced, uneasy or out of sorts, this is when we fall into unstable conditions, and when our body cries out for us by using dis-ease. When we have pain, what is our body really telling us? When we pay attention to our bodies, we can find out what negative affects our environment is having on us. We can learn what is truly bothering us, disturbing us, and what is triggering our body physically to make us feel out of balance.

When we start to listen to our body, we can get to the real underlying truth for ourselves.

"Truths are not assumptions, logic analysis, blood tests, X-rays, MRI, CT Scan or educated guess from your doctors." (Dr. Kam Yuen) Truths are not a diagnosis that we can add as another label to our endless lists of labels people attach to themselves.

Finding your own truth for yourself is not always an easy task. Peeling off the untruths that we have piled up over time, takes energy, focus and work. Too many times people look outside of themselves to find their truth, thinking someone else with have the answer for them. So instead we keep talking about our illness, giving it more power, and hoping that the next person we see for help will give us the right treatment to make it go away. Unfortunately, the more we keep looking for the "right" thing for ourselves, the more the real truth gets buried inside of us, underneath more untruths, and more tests and more analysis.

Dr. Yuen also states; "bear in mind the statements that are expressed here [are] not a philosophy or an opinion, the method in getting to the truths are applicable principles that get people better "on the spot", in seconds, so there [is] no debate about its effectiveness and more importantly its truthfulness. We as people commonly go through life practicing mental suppression, denial, numbing, lying to ourselves and to others, forgetting, partial and complete shutdown. Whenever, meaning every time, we mistakenly or untruthfully think we have health problems instead of life issues; we complicate what we have and create not only blocks but divergence to any possible resolution."

In this case, divergence means to deviate, or go in a different direction, often one that doesn't make sense to our bodies and unfortunately people get caught up in this destructive energy and won't admit it, especially to themselves. Instead they just go with the flow, spending time, money, and effort, without ever taking the time to look at their life. This process eats away at the heart and soul of the person, making them sicker than before, and now also more toxic, with less money and wasted time. Expectations become depressing and their choices become more limited as time goes on.

How can you fix this? Have you sat with yourself and talked with your body? Have you heard what it has to say? All the life truths that you need are inside of you waiting to be heard and uncovered. Most people live in their heads. They think logic will help them to discover what they need. But we are beings that are supposed to feel. To feel what our true purpose is, to feel what we are all about as the unique and powerful individual we are, to feel what we have to give and receive in the fullest sense.

Feeling is a very scary thing for most people. Probably because when we do this it doesn't typically feel good. In fact it can be downright painful when doing this. However, when you acknowledge this pain, you can then set it free and it can't hurt you anymore. Finding the truths within us helps us to prevent our ailments and find complete resolution to the ones we are carrying around with us now. Your truth(s) will truly set you free from your illness.

I hope you can find your truths to let go of your disease and become the amazing human being you truly are.

You can learn more about Dr. Kam Yuen at www.yuenmethod.com
Kasara D'Elene is a Master Herbalist and health educator that owns TruHealth in Mill Creek, WA. You can learn more about here at www.truhealth.com or 425-415-8410.



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Natural Products Only the Ingredients are Toxic

A common belief among consumers is that products labeled "natural" must be safe and beneficial to consume or use. Often the ingredient lists on these "natural" products contain chemicals that are unrecognizable and unfamiliar to most people. The bad news is that the products that are labeled as "natural" by manufacturers are usually far from natural and safe. The good news is that it is possible to be an informed consumer with the information necessary to avoid these products. Learning about these toxic chemicals is the first step toward avoiding them and this is quite simple to do, using the Internet as a tool.

Almost every synthetic chemical that exists has a Material Safety Data Sheet (MSDS) that contains the facts about the chemical as well as any potential dangers associated with human health. The MSDS lists a summary of the facts for each chemical and summarizes other facts such as hazard identification, first aid instructions, exposure limits, and other names that are associated with the specific chemical. It can be very surprising to read MSDS information for "natural" chemicals and find information warning of dangers associated with these chemicals.

One can't help but wonder how and why these chemicals can be labeled as natural under these conditions.

The Occupational Safety and Health Administration (OSHA) Hazard Communication Standard (HCS) has stipulated that a MSDS must be created for any chemicals that are considered hazardous according to criteria described in the Hazard Communication Standard. All hazardous chemicals must be indexed and an MSDS must be published for each of them.

An enlightening exercise for any consumer who is concerned about toxic chemicals is to perform a Google search for specific ingredients contained in his/her personal care products. Entering the specific chemical name along with "MSDS" in the search field will return MSDS results for the specific chemicals searched for. Another resource for researching specific ingredients is www.hazard.com/msds.

You can search by manufacturer, name of chemical or search the Chemical Toxicity Database

Chemicals to Avoid in Personal Care Products:

Cocamide DEA, diethanolamine, TEA, triethanolamine, MEA — Used as a shampoo thickener and foam stabilizer. According to the MSDS for Cocamide DEA, this chemical is harmful if swallowed or inhaled and contact with skin, eyes, and clothing should be avoided.

Propylene glycol, propylene oxide, polyethylene glycol — Listed on the FDA government website as a known carcinogen. This is a common ingredient in many moisturizers and lotions. It has also been connected with kidney and liver damage in scientific testing. Propylene glycol has also now been connected with common skin rashes and skin damage.

Sodium lauryl sulfate, sodium laureth sulfate — A common ingredient in shampoos and liquid soaps. SLS may be the most dangerous ingredient used in personal care products. SLS is the active ingredient in garage floor cleaners, engine degreasers and industrial strength soaps. This is a very corrosive chemical used to clean industrial and greasy surfaces.

Sodium Fluoride — The fluoride that is added to drinking water is hydrofluoric acid. This is a compound of fluorine, which is actually a chemical byproduct of aluminum, steel, cement, phosphate, and other assorted ingredients. Fluoride in this form has no nutritional value and is one of the most caustic industrial chemicals. Fluoride is also an active ingredient in rat and cockroach poisons.

Mineral Oil, Petrolatum and Coal Tar — Used in many moisturizing

products. Mineral oil is a petroleum by-product that interferes with skin's ability to eliminate toxins. Because of this it promotes acne and other skin disorders. Mineral oil has also been associated with premature aging. Any product that contains mineral oil may be contaminated with cancer causing Polycyclic Aromatic Hydrocarbons.

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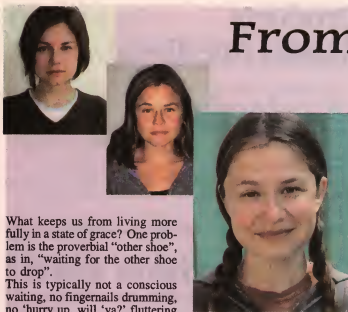
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From Brace to Grace

What keeps us from living more fully in a state of grace? One problem is the proverbial "other shoe", as in, "waiting for the other shoe to drop".

This is typically not a conscious waiting, no fingernails drumming, no "hurry up, will 'ya?" fluttering around in our brains searching for an audience. But nonetheless there is waiting, tensing and bracing against the anticipated impact from the dropping of the "other shoe". Most everyone we know and come in contact with, day in and day out, has this unconscious waiting, resulting in varying states of being, of protecting, of guarding, of bracing in the body.

We normalize this tension, this guarding, this place next to the edge of fight/flight/freeze. We barely notice until our body begin to turn up the volume on the dialogue it has been having with us all along, so that we begin to hear and understand its message that, "enough is enough". What dialogue? It is as if the chronic bracing generates fault lines through which flow the messages our body most needs us to hear. Whether in a whisper or a shout, the body lets us know via pain, metabolic and digestive disruptions and assorted syndromes that the excess tension, the bracing, is overtaking our systems. Indeed, one way to view many of our ailments is as the language of last resort of our bodies.

Wilhelm Reich, among others, studied the phenomena of bracing and identified five primary patterns of how the body holds tension. These patterns of bracing are reflected in the physical body as well as in the aura, or subtle body. Developing an understanding of these patterns can provide an additional perspective in working with illness, dis-ease and aging, as symptoms are most likely to manifest in relation to these patterns. In other words, there is a subtle energy relationship between the patterns of bracing in our physical body and aura and the types and locations of injuries, illnesses and syndromes we experience.

I've created a photo-essay of these holding or bracing patterns, which I invite you to view online at <http://www.dynamicduality.com/workingwithlight.htm>

Click here for pictorial insights into the healing process", for more detailed information on and examples of the five primary bracing patterns. This is in .pdf format so you will need to have Adobe Reader on your computer, which you can download for free at <http://get.adobe.com>

But where does all this bracing come from? If we are bracing against the "other shoe", what was the "first shoe"? The answers to this question are multi-layered and lie within the physical, emotional, energetic and spiritual aspects of our being. The short answer has to do with trauma, whether birth-related trauma, accidents, falls, abuse (physical/emotional/psychic), invasive medical or dental procedures, or witnessing natural disasters or the abuse of others. When we experience a trauma, the energy of that trauma can get trapped in our body. Like the clam that responds to the irritation of a grain of sand by coating the irritant to protect itself, our bodies experience the trapped trauma energy as a foreign element and build protection via bracing and guarding. This held trauma energy will seek release: the pressure, the drive for this release is like a pressure cooker or a chemical reaction reaching critical mass. The held energy will find its "out"; the bracing will be resolved. Repetitive injuries and illness itself can be seen as ways the body seeks to release the held trauma energy. As the body weakens from illness or injury, and bracing gives way to relaxation borne of exhaustion, the held energy releases. This, of course, is not the ideal means for release!

The good news is that our bodies know how to release the energy of the trauma. This knowing is not at the intellectual-consciousness level, but at a cellular-consciousness level. This cellular knowing translates into "pearls of wisdom" which offer us keys to releasing the trauma and to healing. While healing can take many forms and be realized with the aid of a variety of modalities, one commonality of healing is the organic release of bracing patterns, and underlying this, the organic release of held trauma energy. With this in mind, I have suggestions on ways in which you can gently begin to release bracing against held trauma energy:

Steps for mindfully allowing the organic release of bracing patterns:

1. Get in to your body. In helping clients and students improve their grounding, I often recommend starting out with mindfully massaging their feet with raw (not toasted) organic sesame oil for five minutes each day. Mindfulness is key, so as much as possible, keep your awareness in your hands and in your feet. Also, if you meditate for developing mindfulness, be aware of the orientation of the particular style of meditation you practice. The process of

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many meditation practices is for the physical body to become so uncomfortable as to make it impossible to ignore, thereby helping to develop body awareness and grounded presence. However, some meditation practices seem to be focused on getting out of one's body, which would be counter-productive for the process of mindfully allowing the organic release of bracing patterns.

2. Awaken to your body wisdom. There are many simple yet elegant means to restore conscious communications with your body. One of my favorites is to focus on an area of the body with your intention as well as your attention and to ask the simple questions, "what is it you need?" and "what is it you would like me to understand?" After asking the questions, listen!

3. Develop your objective witness. Also referred to as the objective observer or witness or Self, this is the capacity to "hold space" for oneself without filter or judgment. The objective witness hears the internal monologue of all the old tapes and knows them for what they are and has compassion. This capacity for internal compassion and witnessing is profoundly healing in and of itself, and is instrumental to the process of releasing bracing patterns.

4. Work with a skilled facilitator. You can practice the first three steps by yourself; however the benefits of these processes are greatly enhanced by being in a structured practice with a skilled facilitator. The benefits of this fourth step however can only be realized by working with another. By "skilled facilitator", I am referring specifically to someone who: a) is present and grounded in their own body; b) is a master in the art of holding space for others as well as for themselves; and c) unerringly respects your internal organic process and does not impose their "fix" on you. Make sure you are working with a "Facilitator" and not a "Fixer", as fixing subtly reinforces your bracing and not so subtly diminishes your growing capacity for objective witness.

Welcome grace in to your life. As held trauma energy and bracing patterns begin to release, the clients and students I work with typically report greater body awareness and being more in the moment, as well as enhanced sensory experience (greater capacity to see, smell, taste, hear



and tactile sensing). Body movement becomes more fluid and expansive; there is a greater sense of

"effortless effort". There is less sense of guarding and protecting and less hyper-vigilance. Rigidity in thoughts, emotions and movements give way to greater spontaneity, joy and freedom. There is a greater internal sense of control along with a paradoxically lessened need or desire for control. And there is greater capacity for connecting with others and living with an open heart.

© Maggie Laurentz, 2009 Maggie Laurentz has a private practice for balancing body, mind & spirit utilizing Somatic Experiencing (a gentle trauma-release modality), Gaia (earth) energy, Usul Reiki, and hypnotherapy. Also co-director of Dynamic Duality Center for Spiritual Healing www.DynamicDuality.com. Call 360.264.6146 to schedule a free 20 minute phone consultation.



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Astro Influences

by Carol Barbeau

March 2009 as we Enter Spring we now prepare to leave the season of winter and shift from Inwards motion, (Winter) into Outwards motion (Spring).

Happy Birthday PISCES and ARIES

The colors for March are Red for Spring and NEW BEGINNINGS and Green for all that grows. Magical energy comes with the stones Bloodstone and Aquamarine and our lucky flowers are Daffodil, wood anemone and Jonquils. Trees sacred to this time are the Alder and Dogwood. Creatures for this time are the Sea Crow and Cougar.

March was named for Mars, the great Roman warrior god of Action and passion. The search for self is associated with the planet Mars. Mars the planet of action in the revolutionary sign of Aquarius with lots of other planets until the 14th is encouraging us to be more authentically who we really are and maybe break some boundaries in doing so. On the 14th Mars moving into the compassionate and intuitive sign of Pisces brings a much needed lightness and connection of spirit to us all.

With the sun in the sign of Pisces until the 20th The inner theme of March deals with developing wisdom and compassion, and finding one's life path.

The highlights this month with Venus; the planet of what we want and love retrograde from March 6th (retrograding at 15 Degrees of Aries) through April 17th bringing up lots of relationship issues. On the 11th of April Venus will back into the sign of Pisces out of Aries and compassion and feelings are much more connected and empathetic

as well as people being much more sensitive.

Venus retrograde is about us repositioning our desires to be in alignment with our actions. So use this time to plan, and reassess relationships with yourself and the world around you. This is not the best time to release and let go of people during this time, unless you have thought this out very well in advance.

The danger of VENUS retrograde is either getting something we wish we had not purchased, or brought into our life as well as letting go of things which later down the road we discover we want in our lives after Venus moved direct.

The FULL Moon on the 10th of March with the sun in Pisces at 21 Degrees and the moon in Virgo at 21 degrees asks us to trust in

higher power but still do the work involved in making it happen. This full moon involves the planet Saturn which is sitting retrograde at 18 degrees of Virgo, so expect that others will be pushing the control button more than normal. With Virgo we want the facts, and the details and Saturn adds an extra PUSH to this full moon. And with the sign of Pisces "I BELIEVE" is our theme. Pisces says there is NO true answer, everything changes constantly and we also much change with things. So the answer lies between the "I ANALYZE" of Virgo and "I BELIEVE" of Pisces as how to make our lives work at optimum potential night now.

As with all full moons our jobs are to let go of what is no longer of service to ourselves and to our world during the next 2 weeks.

The Vernal Equinox or Spring Equinox is on March 20 this year as the Sun enters the sign of Aries drastically shifting our focus from

water and emotions and intuition (Pisces) to fire and action. Equinox means "equal night", and is the moment when the Sun crosses the equator in the juncture between the dark and light halves of the year, when the days and nights are equal at the equator.

It is now the midpoint between the Solstices (the turning points of the Sun's yearly motion). For us all, it is now time to feel the surge of new life and hopes through our entire being. The Aries theme is "I AM" and the spring theme is always REBIRTH and resurrection. Look at the Tarot card "THE FOOL" and take that leap of faith. Knowing that if you are sure your path will appear before you. Spring is now here and the energy of this time is to plant, and hope and believe and to KNOW that we can make outcome equal intention.

The New moon in Aries (our first of the year) is on the 26th with the sun and moon sitting at 6 degrees of Aries. The keynote symbol or Sabian symbol for this degree is "the emotional desire for concrete and stabilized existence" New moons are seed planting times and if we use the 72 hours Before the New moon to make wishes, intentions and do the inner work you will find this is a magical moon this year.

I hope you enjoy this month. Use Venus retrograde to reconnect to yourself and your joy. Namaste, Carol Barbeau
www.carolbarbeau.com carolastro@carolbarbeau.com

MAJOR EVENTS OF MARCH 2009

- 5th- Mercury (linear mind) touches Neptune (intuitive mind)
- 6th- Venus retrogrades at 15 Aries until April 17th
- 8th- Sun opposes Saturn - we get a clear look at the next step. Mercury moves to Pisces -communications become more sensitive. Mars (action) touches Neptune (intuition)
- 10th- Full moon 7:38pm PDT at 21 Virgo
- 14th- Mars the planet of action enters Pisces
- 20th- Sun enters Aries and Spring is here
- 21st- mercury touches Uranus - brilliant ideas are here
- 23rd - We begin the magical dark of the moon phase
- 25th- Mercury enters Aries - we are ready to GO for it
- 26th- New moon at 7 degrees of Aries
- 27th- Sun touches Venus moving backwards - this day could be a day when we truly get a vision of what could be or what we truly want and need in our lives.
- 28th- Mercury (ideas) touches Venus moving backwards and more of the above with new ideas tossed in for our new moon growth time

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Over the past few decades, much has been written and shared about the chakras. Information drawn from ancient Indian metaphysical teachings has been joined by modern psychological and anatomical awareness to bring about a synthesis of understanding which has practical application in helping us to live healthy, harmonious lives. The chakras are the seven major energy vortices located along the central meridian from the base of the spine to the top of the head which are associated with major organs and glandular systems. They also have psychological, emotional and spiritual aspects and are important to the harmonious function and integration of body, mind and spirit.

The word chakra means 'a wheel that spins' in Sanskrit. We can imagine them as orbs or spherical balls of vibrational energy. These subtle energy centers serve as gateways or transfer points between the physical, emotional, mental and spiritual aspects of our being. As we come to a greater understanding of the chakras and how they work, we are better able to bring into balance the various aspects of our being and create a truly fulfilling life. Vibrant, radiant balance among all the chakras is the goal.

In these times of great economic uncertainty, many people are feeling vulnerable and unsure about their ability to pay their bills and cover their basic survival needs. Issues such as these are very much related to the First Chakra or the Root Chakra as it is known. This chakra is related to the Earth element and has to do with survival issues, what we do for work, how we feed, clothe, and shelter ourselves. Do we feel supported and well taken care of? If not, we need to address these concerns by focusing on that chakra and use certain tools and techniques to enhance its function. When we learn to identify our issues and become aware of which chakra they relate to, we are better able to bring that chakra into greater functionality and allow it to radiate fully the life force as it flows through us.

The first three chakras are related to the physical aspects of our being and are associated with the elements of Earth, Water and Fire relating to our needs for food, water, and energy. Our Fourth Chakra is the transfer point between the lower physical chakras and the three higher spiritual chakras. This Heart Chakra relates to the element Air and is about exchanging energy and of course giving and receiving love. The Fifth Chakra is at the throat level and has to do with communication, relating to the element of Sound or ether. The Sixth Chakra is our mental and vision center and relates to Light, while our Seventh Chakra is our Crown Chakra and connects us with Consciousness and Spirit.

A helpful tool for bringing the chakras into balance employs using the voice to tone and resonate the chakra. Since sound is also a subtle energy, it has the ability to alter our state of consciousness. When sound is coupled with intention, the result is magnified. Of course, one of the most important aspects of making a sound relates to the breath. When we focus on breathing deeply and fully, we are in fact bringing in more of the life force. As we learn to control our breath, we are better able to control our thoughts and our mind. Breathing that focuses on a short, full inhalation and long extended exhalation will have the greatest effect. Including a sound with the exhalation can help to slow down the exhalation, creating the desired ratio of in and out breath. A meditative practice that involves toning can help to resonate the various chakras and bring them into balance.



Sounding the Chakras Create Balance - Overcome Stress

Dudley Evenson

There are several systems of toning that can be used. The ancient Sanskrit system of Bija mantras can be quite effective. The order of the Bija mantras are (from first to seventh) Lam, Vam, Ram, Yam, Ham, Sham, Aum. When done in a meditative state and when possible, using mudras (hand positions), toning the Bija mantras can be a highly effective way to center oneself and resonate all the chakras.

Another system that is helpful uses vowel tones associated with each chakra. These are longer more open tones and can be very effective in controlling the breath and energizing the chakras. A system developed by Jonathan Goldman uses these vowels (from root to crown) - uhh, ooo, ohh, ahh, eye, aye, eee. With the Bija mantras one lets the 'mmm' sound resonate, whereas with the vowel toning system, the focus is on the long open sound. The vowel tones can also be done in a scale from low to high, for example using the notes c-d-e-f-g-a-b. The rainbow spectrum of colors can also be visualized from the lower chakras to the higher as red, orange, yellow, green, blue, indigo, violet.

One can also use a short affirmation to sing or state the principle one wants to focus on for each chakra. It is important that the statement is positive and in the present tense. Repeating it frequently with high intention or using the toning and color visualizations can help to create healthy chakras that will support the well being of body, mind and spirit.

Dudley Evenson and her husband Dean Evenson are award-winning, sound healing pioneers. Their label *Soundings of the Planet* celebrates 30 years of creating Peace Through Music. They present at BEPC Spring Expo March 28 and teach Sound Healing for the Chakras there March 29. For info visit www.soundings.com or www.bepcweb.org

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Faith Accepting Angelic Assistance

ZARA

We are living in a time of change. So much is happening so fast, it's difficult to keep track. In fact, lately, even we "light beings" are so seriously challenged by all the changes in our daily lives, we sometimes wonder, "What's up?" For this reason, now more than ever, we need the help of angels in our lives.

Sometimes it can be difficult to accept that help. Sometimes things are really challenging, and despite our best efforts, everything seems to go badly. That's when our faith is tested. Sometimes we question God, question the angels and wonder if they even care. When this happens, you need to know the angels are there, all around you, all the time, there to help you.

The truth is, the angels are instructed by God to help us. That is their purpose and they very much want to help you. What people often don't realize is that "like attracts like" and angels are drawn to, and find it easier to help, good people with good energy. You allow them to be more successful when you love the angels and are open to their help.

So even if you are feeling down, desperate, and uncertain about how to solve your problems, the angels are here to help you in every way they can, as long as you maintain a feeling of openness and love in your heart. In fact, the angels are so on the side of goodness, they would like to help everybody. As it is, they do a remarkably good job, considering they have to work with humans. When people are cynical, untrusting, or hateful, they unknowingly close themselves off to the miracles the angels could otherwise provide. To a great degree, the angels are unable to help them.

The angels are both wise and understanding. They don't expect perfection from people. They understand every human has negative thoughts every once in a while. When you have a negative thought, notice it. Pay attention to it. Be present and recognize what's happening. Then do something to lift your spirits. This could include listening to joyful music, reading from an inspirational book or closing your eyes and asking the angels for help. By doing this, you are demonstrating your faith. This makes it easier for the angels to help you make a positive difference in your life.

Three ways to make it easier for angels to help you include:

1. Keep your heart open and loving
2. Always be willing to accept their presence
3. Have faith in their love.

Then, no matter how great the problems you currently face, the

angels will be able to help you. They will help bring about solutions to problems and create miracles in your life.

Some people are unwilling to accept the assistance of angels. Once day a new client named Ann asked me to channel messages about her mother. Archangel Michael made it very plain when he said, "She fired her angels!"

Astonished, Ann looked at me and said that was exactly right. She went on to say her mother once spoke about an experience in which she felt unseen visitors in her bedroom several nights in a row. Rather than checking to see whether they were good and there to help her, or not, she literally told them to go away and turned her back to them.

After we had a look at the full situation in the reading, it turned out that the "unseen visitors" were angels, and her mom would have done well to invite them to stay rather than perfunctorily "firing" them and telling them to leave. So, while the angels could still help Ann's mom a little, they were not allowed to help her nearly as much as they would have liked if she had made them feel welcome.

In essence, Ann's mom did have a point—not all visitors are positive. It is important to be careful, but in her case she mistakenly shoed away angels sent to help her!

Here are a few steps you can follow to help you to discern angels from lesser spirits:

When, after meditation or prayer, you feel unseen beings around you, close your eyes and check with your heart to see whether they are coming from love. Like attracts like and your heart can tell that angels come from love. God is love. If they come from God, they come from love. If the unseen beings are not coming from love - send them off.

After you've checked and you know they come from love, give them the test of time. Notice over the upcoming days and weeks if their presence causes you to feel loved and cared for. If yes, this is another very good clue they are angels.

After you've checked and they pass the test of time, close your eyes and talk to the angels—thanking them for their love, their understanding, and their assistance.

With this open loving energy on both sides in place, it will be easy for the angels to help you.

One of the pieces of guidance they will certainly give you is that living in faith and love is a way you can help the good in your life to take root. Through the attitude of faith and love, you make it easier for the angels to assist you. It will also be easier for you to recognize their ongoing presence.

ZARA channels Archangel Michael to give you Angelic Counseling and assistance in times of trouble and confusion. A popular author, speaker, and trainer, ZARA balances her time between seeing clients in both Ocean Shores and the Greater Seattle area and giving phone readings. Visit her website zarasangels.com and call her at 425.741.9752

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Take CHARGE of Your Thoughts

Julie Hutsler

Do you want to revolutionize your life in one week? Try participating in your thoughts. In other words, don't just observe your thoughts, choose them. It may seem that the mind has a mind of its own, but it actually responds to your will. Most of the time, our actions reflect what our mind has served us, but if we decided to participate in making healthy choices about what we think about, our actions would reflect more of what we'd actually like, instead of just what we get served.

Thoughts are powerful energy and we have been allowing that energy to go mostly untapped. If you have had times in your life where you have chosen to focus and fix

your thoughts on something specific for a desired outcome, you know how powerful the mind is. But the rest of the time, we simply allow the mind to run amuck. Imagine harnessing this powerful resource to serve you. Imagine switching the horse for the carriage. The mind really should be the servant of the divine will, or your will, since you are divine, not the other way around.

Thoughts are significant power waiting to manifest. Who would allow a chaotic mind to order their life, or rather, allow it to be disordered and unfocused?

This is not about monitoring your thoughts. This is about realizing that you are the captain, and your highest self truly is the wisest. So what kind of choices in thoughts can you make that will shift your manifest reality?

Here are just a few:

Whenever you feel depressed or out of control, change your thoughts.

Do not wait to 'solve' the problem in your mind before you go on, simply choose to think of something else. Think of something that makes you feel empowered, loved, happy, joyful or inspired. If you are sitting in traffic and starting to fume, take your thoughts away from the immediate frustra-

tion and think of someplace that makes you feel free, expansive, liberated (the opposite of what you are feeling in the traffic) like a mountain top, a river, a meadow. Before long, your vibration will begin to shift as your thoughts usher in a new type of energy.

Whether the traffic opens up or you simply don't care, what difference does it make? You have effortlessly chosen to take your thoughts somewhere that serves you instead of making you feel restricted and small.

You choose. Choose loving thoughts, empowering thoughts, thoughts about people you love, about food you love, about things you love to do, what you'd love to have, about a way you'd like to be, about attributes you appreciate and would like to embody.

Think what you'd like and above all, think big. Think what you want to think, not what you ought to think. Just because 97% of people think they are frustrated when they are stuck in traffic does not mean that is the only choice. Rearrange your life starting with your thoughts first.

Julie Hutsler is the author of *The Mask, the Mirror and the Illusion of Relationships: Gifts of the Spirit*. She works in core belief restructuring. Visit her web site at www.jrhutsler.com.

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The Gift of Presence

Jo-Ann Svensson

This summer I was gifted with time. I chose to use that gift to practice stillness: sitting in mindful presence with nothing but the quiet lap of ocean, the occasional otter sliding back to watery home and the whisper of the wind in Arbutus keeping me company. It was precious time and I coveted it, allowing it to spread its gentle fingers throughout my day till even the bus seat, on infrequent trips to town, bore the quiet imprint of these moments.

It was made more precious with the innate knowledge I was on borrowed time – that it was not to last despite my desires. Life is not a collage of quiet moments such as these but rather the opposite. “Life,” as Pietro Abela, a teacher of mine, states, “is meant to challenge us.” So, within months, almost to prove this point, I was transported across the ocean, half way around the world, as companion to a friend seeking orthopedic surgery. I landed in Chennai, India, the absolute antithesis to my idyllic summer repose.

Chennai, the fourth largest city in India, is an incredibly busy metropolis of pedestrians, motorbikes, scooters, auto-rickshaws, bicycles, water buffalos, open air buses teeming with commuters, single occupancy SUVs, tea houses, street side vendors, luxury car dealerships, sari draped women scrubbing laundry on the roadside, homeless begging for their next meal, colorful Hindu shrines, barefoot children walking to school, sidewalks broken and littered with debris and animal waste, high end Adidas retail stores and glossy office buildings shimmering like beacons in the thick, humid and smoggy air coating your skin like a layer of DEET. And then there is sound. Chennai knows no quiet lap of water, only the constant din of two stroke Rickshaws revving their engines, four stroke Ambassadors backfiring and horns honking. Every one honks; they honk when they are behind you, beside you, even in front of you. They honk to let you know they are there, when they are not there and for the sheer pleasure of it. One Chennai vendor proudly stated that it was what Madras (the city's previous name) was famous for. Into this proud, boisterous, loud, progressive yet conservative and traditional town I landed and proceeded to learn a lesson in what it means to be truly present.

The first and foremost lesson I learned is that presence is more complicated than a mindful meditation at the beach. Sure I can be present to life when all is still and calm,

safe and beautiful but what happens when one, let alone all of these elements are withdrawn? In Chennai I walked on the main road with other pedestrians, traffic weaving in and out of our space, horns blaring, tail pipes belching noxious fumes, knowing I had to be constantly aware of not only where I was stepping but in what direction. A misstep meant certain death or, at least, an excrement soaked foot. The couple of times I fell to daydreaming found near misses with motorbikes that left me stomping down on erupting panic. I forced myself to be vigilant. Over time, I got used to the traffic, could feel its rhythm while numbing out the noise and waded in with the stream of pedestrians, flowing in and around the obstacles that arose. But I wasn't truly present. I was instead, hyper-alert with a gnawing emptiness inside; I was just surviving. Surviving, lesson number two, is not presence.

My companion suffered medical complications leading me to irrationally fear for her life. I sat with her many an hour, trying to maintain grounding, find my centre, stay present. It was exceedingly difficult and humbling. At times all I wanted was to sink into the romance novel that lay calling by my bedside. I read three books during that period. Other times, I feigned sleep, day dreamed or did energy work with the goal of helping, healing ... fixing. Some times, however, I was present. Sometimes I was there, feeling what I was experiencing inside, yet aware of what was happening around me. Feeling my connection with both earth and universe, sensing a oneness that needed no help and no fix. In this, I learned lesson number three: presence is not about perfect form or doing the right thing. Presence is about showing up – stepping up to the plate and saying, “yes, I am more than just a part of this, I am this.”

As I write this, I remember one of the times, while crossing the streets of Chennai, that I did experience a deep seated presence. There were about fifteen of us pedestrians crammed on a two foot wide meridian. Vehicles of all shapes and sizes streamed behind and before us. We waited, those in front curling our toes so oncoming traffic wouldn't run over them and me praying that no one behind felt the need to push or

suffer a seizure, when I saw a massive air conditioned bus go by comfortably seated with white tourists. I suddenly felt alive. Despite the heat, humidity, smog and crash of people, I was joyful. I was not only on the ground but was grounded. There I was, surrounded by humanity and all its consequences and blessings, gifts and fears and I was truly there – accepting and being – present to life.

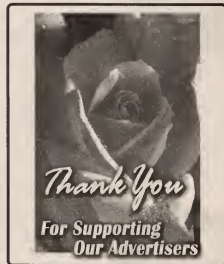
Jo-Ann Svensson is an ARC Bodywork Practitioner. The ARC Institute will be at Stonehouse Books (Kirkland, WA) March 13 moderating The Alchemist Cafe: What is Presence? and teaching a one-day workshop on May 23. Personal Presence: Committing to the Path. For more information, call Jo-Ann at 1(800)719-4ARC or visit www.thearcinstitute.com

Vaccine's Safe? Questioning The Logic

Recent studies on the safety of vaccines has been published in medical journals financed by the pharmaceutical companies. Aside from this obvious and worrisome conflict of interest, the conclusions being made about autism and vaccines in the mainstream media are simply not supported by the study. (The distorted) logic goes like this:

Yes, vaccines used to contain mercury. And yes, all those little kids were injected with mercury. And yes, autism rates skyrocketed. But then when the mercury was taken out of the vaccines, the autism rates didn't come back down. Therefore, the logic goes, vaccines are safe!

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